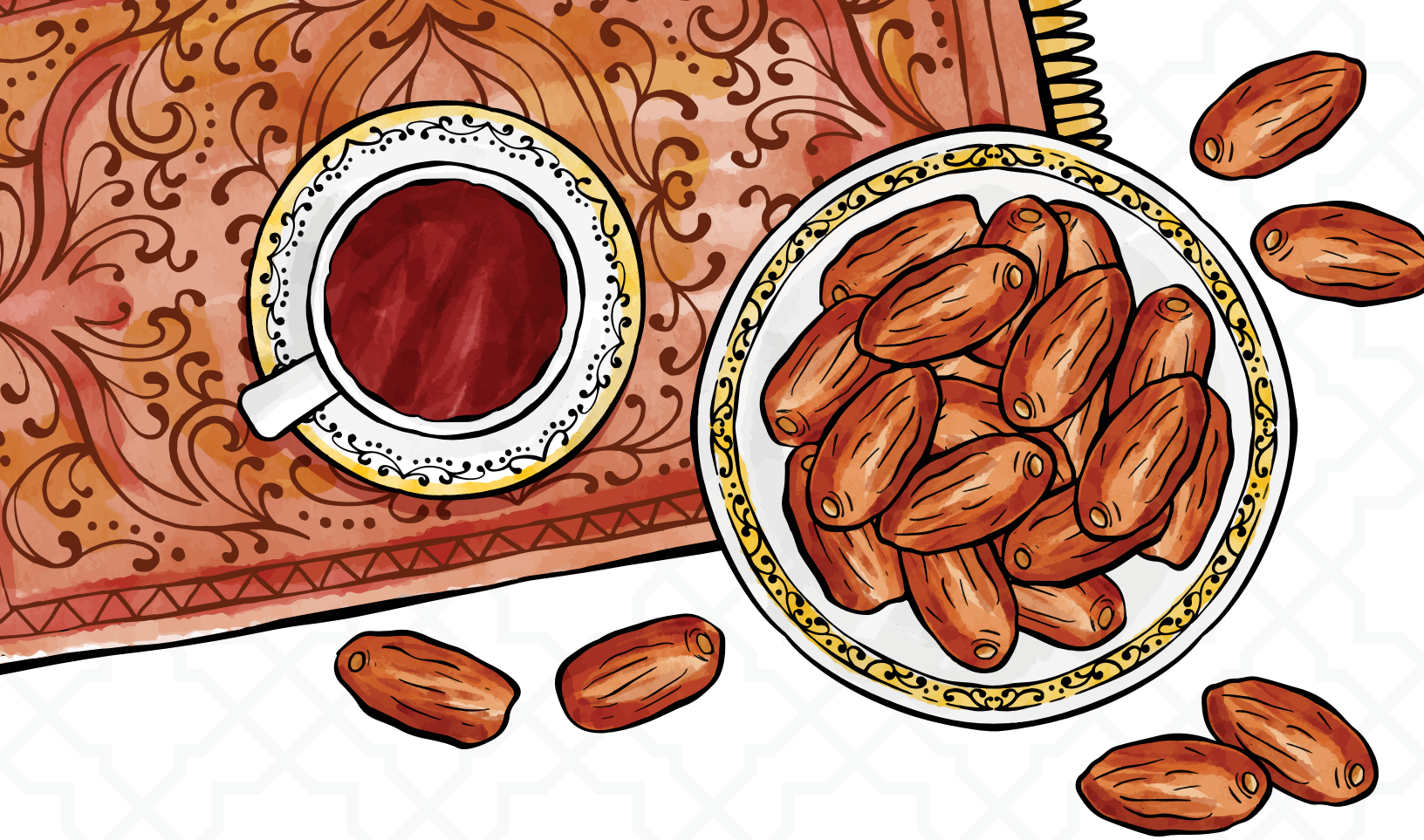


SHAHR RAMADĀN

Recipe Collection

A DIVERSE COLLECTION OF IRANIAN, AFRICAN, AFGHAN, PAKISTANI, HYDERABADI, LEBANESE, MEXICAN, CHINESE, BURMESE, AND MOROCCAN CUISINES!

THIS COLLECTION IS A PRODUCT OF

AL-KISA PARENT COLLABORATION

PLEASE RECITE A SŪRAH AL-FĀTIḤAH FOR THE MARḤŪMĪN OF ALL THOSE WHO CONTRIBUTED

SOURCES USED: FREEPIK.COM, GOOGLE IMAGES

Table of Contents

SAVORY COLLECTION

Mexican Pasta Shells 8
Black Kebabs 9
Aloo Tomato Tahari 10
Baked Eggs 11
African Chickpea soup 12
Keemay 13
Sheesh Touk Paratha Roll 14
Khawsway Curry 15
Afghan Potato Bolani 16
Mommy's Aloo Samosas 17
Feta Cheese Chicken 18
Iranian Fesenjoon 19
Chicken Quesadillas 20
Iraqi Stuffed Eggplants 21
Au Gratin 22
Bihari Tikka (Instant Pot) 23
Chicken Pot Pie 24
Lebnani Kebab 25
Dhum Kebab 26
Shorba 27
Kofta Curry 28

Table of Contents

Curried Cauliflower Roast 29
Dhokras 30
Perfect Pakoras 31
Yo Chicken 32
Chinese Chicken Noodle Salad 33
Kuku Paka 34
Dry Potato Curry 35
Butter Chicken 36
Salad Olivieh (Persian Potato Salad) 37
Suhoor Oatmeal 38
Moroccan Lamb & Chickpea over Couscous 39
Spinach Lasagna 40
Persian Kebabs with Saffron Rice 41
Chicken Barley Soup 42
Lemon and Chicken Stew 43

SWEET COLLECTION

Persian Halva 45
Banana Vanilla & Date Muffins 46
No Bake Chocolate Dessert 47
Date Energy Balls 48
Strawberry Oatmeal Bars 49
Tiramisu Cheesecake 50

Table of Contents

Date Shake 51
Banana Bread 52
Allergy-free Banana Chocolate Chip Mini Muffins 53
Persian Rice Flour Cookie.....54
(Naan Berenji).....54
Chunky Monkey Muffins.....55
Creamy Fudge Bars.....56
SUGGESTED RECIPES..... 57

SAVORY COLLECTION

MEXICAN PASTA SHELLS

FROM THE KITCHEN OF FARZANA KHALFAN

INGREDIENTS

- Approx 20 large stuffing shells
- 2 lbs tenderloin steak
- Handful of cilantro
- ¼ cup sour cream
- ¼ cup salsa (plus more for dollops on shells)
- ½ package shredded Mexican cheese

INSTRUCTIONS

1. Cut your steak into fine strips. Season with salt, pepper, and garlic.
2. Stir fry and set aside.
3. Chop up a handful of cilantro and add it to the steak mixture.
4. Add a handful of Mexican cheese and sour cream. Lastly, add 1-2 tbsp of your favorite salsa.
5. Mix this all together. (This is your stuffing for the shells.)
6. Boil the shells and drain the water once they are al dente.
7. Lightly oil a baking dish.
8. Stuff the shells with the steak mixture and place into the baking dish.
9. Place a dollop of salsa on each shell and sprinkle some Mexican cheese over them. You can add cut up scallions over the cheese to give it a nice look.
10. Cover with foil and bake at 350° for 25-30 min.

BLACK KEBABS

FROM THE KITCHEN OF SARAH FAZEL

INGREDIENTS

- ¼ kg ground beef
- ¼ kg sliced bread
- ½ tsp ginger-garlic paste
- ½ tsp ginger
- ½ to 2 green chilies
- 1 tsp salt
- ½ tsp garam masala
- ½ lemon

INSTRUCTIONS

1. Grind green chilies to make a paste.
2. Soak bread in water out of bread
3. Mix all the ingredients together.
4. Heat oil, and make sure it's very hot! Make round or oval shape kebabs, and plack them in the oil. Only turn when the color of kebab turns black!

SAVORY

ALOO TOMATO TAHARI

FROM THE KITCHEN OF NARJIS HUSSAIN

INGREDIENTS

- 4 medium tomatoes, chopped
- 2 tsp tomato paste
- 1 medium onion, chopped
- 4½ cups water
- 2 cups basmati rice
- 2-3 small potatoes
- ¼ cup vegetable oil
- ¼tsp salt
- 1 tsp garam masala
- 1 tsp ginger-garlic paste
- ½ tsp chili powder
- ¼ tsp turmeric (haldi)
- 1-2 fresh green chilies, chopped
- 4 sticks fresh cilantro, chopped

INSTRUCTIONS

1. Wash the rice and set aside
2. Peel and slice the onions. Fry them in oil until they become light brown. Then, add the ginger-garlic paste, salt, chili powder, garam masala, and turmeric, and stir well.
3. Add the tomatoes and cook until the water has evaporated and the oil appears on top.
4. Add rice, green chilies, cilantro, and stir well until the water in the rice has evaporated. Add potatoes.
5. Add 4 cups of water and cook on medium heat until ¾ of the water has evaporated.
6. Cover and simmer for 10 minutes on low heat.

BAKED EGGS

FROM THE KITCHEN OF ALIA MERALI

INGREDIENTS

- 8-10 eggs
- 1 cup mushrooms
- 1 tsp oil
- 1½ tbsp butter
- ½ cup single cream/half and half
- 1 tbsp fresh parsley
- ½ cup sun-dried tomatoes, chopped
- 1 cup chopped frozen spinach, defrosted
- Salt and pepper, to taste
- Cayenne pepper, to taste

INSTRUCTIONS

1. Preheat your oven to 180°C/350°F.
2. Slice the mushrooms and sauté with salt and pepper and a drizzle of oil, until light golden brown (don't stir too much).
3. In a large ovenproof dish, add in a few small cubes of butter and ½ cup of single cream/half and half, enough to cover the bottom of the dish. Add in chopped sundried tomatoes, sautéed mushrooms, and chopped spinach, and spread them out over the bottom of the dish. Sprinkle with chopped parsley.
4. Put the dish with the above into the oven for 5 minutes to warm. Take it out and crack 8-10 eggs into a bowl. Pour into the dish and nudge yolks to space them out. Add salt, pepper, and cayenne pepper, to taste, and bake for 15 minutes or until the whites are set.

SAVORY

AFRICAN CHICKPEA SOUP

FROM THE KITCHEN OF ZAKIRA KALYAN

INGREDIENTS

- 2 tbsp coconut oil
- 1 onion, chopped
- 1 tsp minced garlic
- 1 tsp paprika
- 1 tsp ground coriander
- ¼-½ tsp cayenne pepper
- 1/3 cup crunchy peanut butter
- 2 cups cooked chickpeas
- 2-3 diced tomatoes
- 2 cups chopped spinach/1 lb frozen chopped spinach
- 3 cups broth or water
- Fresh lemon (optional)

INSTRUCTIONS

1. Heat the oil in a large pot on medium heat. Add the chopped onion and sauté for about 5 minutes until soft and golden.
2. Add minced garlic and cook for 2-3 minutes more until garlic is browned.
3. In a separate mixing bowl, mix the peanut butter with 1 cup broth/water until they are well mixed together. Then add the rest of the liquid (broth/water), set aside.
4. Add paprika, crushed coriander, and cayenne to the onion-garlic mixture and sauté for 1-2 minutes. Season with salt and pepper.
5. Add diced tomatoes.
6. Stir the peanut butter mixture into the pot.
7. Add cooked chickpeas and allow the mixture to simmer on low. Adjust salt and pepper to taste.
8. If using fresh spinach, stir in just before serving. If using frozen spinach, add to the pot and allow it to simmer for 10-15 minutes on low heat.
9. Ladle into bowls and enjoy with some freshly squeezed lemon if you would like.

KEEMAY

FROM THE KITCHEN OF ELHAM ESLAMI

INGREDIENTS

- 2 onions
- 1½ lb Meat, cut into pieces
- 1 tsp turmeric
- 2 tbsp lentils per person
- 1 can tomato paste
- 1 tsp cinnamon powder
- Chilli powder, to taste
- 4 dry lemons
- Salt, to taste

INSTRUCTIONS

1. Fry onions until they are golden brown.
2. Add meat and fry just a little until it is browned, and then add turmeric.
3. Add the can of tomato paste or tomato sauce. Add 1/3 tsp cinnamon powder and chili powder however much you want. Cook until the tomato is well cooked.
4. Add around 10-12 cups of water and let it simmer for 2-3 hours on low heat.
5. Lightly sauté the lentils in 1 tsp of olive oil.
6. Using a knife, make slits in the dry lemons, and soak them in warm water to soften them.
7. Once the meat is cooked, add the lentils, dry lemons, salt, and the remaining cinnamon powder to the pot. Simmer for 1-1½ hours on low heat until the lentils are cooked.
8. You can add a little rose water, too, and then it willbecome keemay of Imam Husayn ('a), as it is traditionally known.

SAVORY

SHEESH TOUK PARATHA ROLL

FROM THE KITCHEN OF SUMAIYA BATOOL

INGREDIENTS

- 1 lb boneless chicken breast
- 2 bell peppers, cut in small cubes
- 6-7 mushrooms
- 6 parathas/pitas/lavash
- 1 tsp ground black pepper
- 2 tsp garlic, chopped
- ½ tsp thyme
- 2 tbsp tomato paste
- 2 tbsp mustard paste
- 1 cup Breakfast cream/ mascarpone cheese
- 4 tbsp lemon juice
- Salt, to taste
- 4 tbsp olive oil

For sauce/chutney

- 4-5 green chillie
- ½ cup sesame seeds
- ½ cup tamarind pulp
- 1 tsp Cumin seed
- Salt, to taste
- ½ tsp turmeric powder
- 2 tbsp cilantro

INSTRUCTIONS

1. Marinate chicken with black pepper, thyme, mustard, tomato paste, 2 tbsp cream, lemon juice, garlic, and salt. Set aside for an hour.
2. On a skewer, thread chicken pieces alternating with bell pepper squares and mushrooms.
3. Grill on both sides until cooked through.
4. Blend together all the ingredients of the sauce.
5. Slide off the sheesh touk from the skewer onto the parathas/pitas/lavash. Drizzle with sauce and the remaining cream and roll the parathas.

KHAWSWAY CURRY

FROM THE KITCHEN OF SABIKA PABANEY

INGREDIENTS

- 1 packet of noodles
- ½ cup oil
- 2 lbs boneless chicken cubes
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 1 onion, finely chopped
- 1 tbsp red chili powder
- 1 tbsp turmeric powder
- Salt, to taste
- 2 cans coconut cream
- 1 can coconut milk
- 8 tbsp gram flour, roasted

INSTRUCTIONS

1. Cook the noodles as per the package directions. Drizzle with oil and keep aside.
2. Heat oil. Sauté onions and add ginger and garlic paste. Add the boneless chicken and cook on high flame. Add salt, turmeric, and red chili powder and cook for a bit.
3. Turn off the flame and let the gravy cool a bit. Once it has cooled down slightly, add the coconut milk and cream and bring to boil on very low heat. Next, blend the roasted graham flour with a little coconut milk.
4. Cook on very low heat for 30 min or until you attain the desired consistency.
5. Serve with boiled noodles, finely chopped cilantro, lemon juice, chopped green onions, crushed red pepper, and fried noodles*.
6. Boiled noodles can be replaced with elbow macaroni to make it more kid friendly and mess free.

*For fried noodles, boil egg noodles and drain well. Take a wok and deep fry the boiled egg noodles until crispy. Take them out on a paper towel to remove excess oil and crush them once they cool off.

SAVORY

AFGHAN POTATO BOLANI

FROM THE KITCHEN OF NAZEERA SALAK

INGREDIENTS

Dough:

- 3½ cups all-purpose flour
- 1 tsp salt
- 2 tbsp oil
- 1¼ cups water
- Optional: One egg (for a crispier bolani)

Filling:

- 1½ lbs potatoes
- 2 cups chopped green onions or leeks
- 2 cups cilantro, roughly chopped
- ½ cup chopped green pepper
- 1 tsp black pepper
- 1 tsp salt
- 2 tbsp olive oil
- Additional oil for shallow frying

INSTRUCTIONS

1. *For the dough:* Combine flour, salt, oil, and egg and mix. Add water and knead the dough until the dough comes together in a ball. It should not be too sticky or too dry. You may use a little more or less water, so add it slowly and adjust as needed. Wrap in plastic and let rest about 30 minutes.

For the filling:

1. Wash and quarter potatoes, and boil in a pot of water until soft, about 15 minutes.
2. When the potatoes are finished and cool enough to handle, coarsely mash with a fork.
3. In a skillet, heat olive oil and sauté the green pepper for 1 minute.Add green onion or leeks and sauté for 2 minutes.
4. Turn off the heat and stir in chopped cilantro, salt, and pepper. Gently stir in the potatoes.

To form the bolani:

1. Divide the dough into 8 equal pieces and roll into balls. Keep them covered on the counter while you roll them out. Divide the filling into 8 equal portions.
2. Roll out a ball of dough on a lightly floured surface to a 8-9 inch circle.
3. Put a portion of filling on the top half of the circle, leaving a half inch border around the edges.
4. Fold the bottom half up over the top half and seal the edges, pressing firmly all around the edge to seal it shut. Repeat with the remaining balls of dough.
5. Heat 4 tbsps oil in a large skillet on medium high.
6. One by one, shallow fry the bolani on one side until golden brown. Flip and fry on the other side til golden brown. Press down gently on the edges of the bolani while cooking to ensure that they brown evenly.
7. Place cooked bolani on a metal cooling rack while the others finish to stay crispy.
8. Bolani is served with mint yogurt and cilantro chutney. Enjoy!

SAVORY

MOMMY'S ALOO SAMOSAS

FROM THE KITCHEN OF SABIKA MITHANI

INGREDIENTS

- 10 potatoes
- ½ tsp salt
- 3 tbsp Aloo Bujia masala
- ½ cup oil
- ½ cup lemon juice
- ½ tsp onion seeds
- ½ tsp turmeric powder
- 1 fistful cilantro, finely chopped
- Pomegranate seeds (optional)
- 1 green chilli (optional)
- 1 packet Guerrero tortilla bread

INSTRUCTIONS

1. Boil the potatoes until they are soft (a fork should go through).
2. Peel the potatoes and chop them into big pieces.
3. Add ½ cup oil to a pot, and heat on medium heat.
4. When hot, add onion seeds, aloo masala, turmeric, and fry. After frying for a few seconds, turn heat to low, and add in the potatoes and coat in the masala. Add the lemon juice, chili, and salt and mix. (Tip: Take a knife and cut through the potatoes. This will help the masala get into the potatoes.)
5. Make some space on the edge of the pot by pushing the potatoes to the center. Add in 3 tbsp of water and cover with the lid. Put on slow heat and add a diffuser (tava) under the pot. Let simmer for 10-20 minutes.
6. When you move the potatoes and you see some steam come, your potatoes are ready. Stir in the cilantro and pomegranate seeds and mix.
7. Once the potatoes are at room temperature, warm ten tortillas at a time the microwave for about 1-2 minutes (cover so they get warm) until they become very hot. (If frozen, first defrost for a minute, separate the tortillas, and put them in and warm). Make the samosa while the tortillas are still warm. (Tip: Warming the bread allows the samosa to close nicely with the paste and the rubbery texture of the bread keeps it from absorbing too much oil when fried).
8. Warm 1 cup of water. Add in around 7 tbsp of flour to form a paste (like pancake mix).
9. Fold the tortilla into a cone shape samosa and add around 1 full tbsp into the samosa and press down so it has some space to close. Use the paste to seal all the openings.
10. If you want to fry later, put them individually on a tray in the freezer. When they become hard, you can transfer into a ziplock bag.
11. Enjoy with a salawat!

FETA CHEESE CHICKEN

FROM THE KITCHEN OF SUMRA HASSAN

INGREDIENTS

- 1 lb chicken breast filets
- 2 tbsp flour seasoned with salt, pepper, and paprika
- 2 tbsp unsalted butter
- ½ cup feta cheese
- 1 tomato, chopped
- ½ cup scallions, chopped
- Parsley, chopped
- 1 tsp tomato paste
- ½ cup heavy cream (add more as needed)
- 1 lemon, juiced

INSTRUCTIONS

1. Clean the chicken and let dry completely. You can pound the chicken into thin filets if you like. Dredge the chicken on both sides into the flour then place into a medium-hot skillet and fry until done. Fry all the chicken pieces, and set aside. I use extra virgin olive oil for this step.
2. In a nonstick pan, on medium heat, add butter and melt. Season with salt, pepper, paprika, and garlic powder. Add scallions and tomatoes. Add the juice of one lemon. Sauté for 1-2 minutes until soft, then add half of the feta cheese. Add tomato paste and then heavy cream. Mix well and let simmer. Add salt to taste.
3. When sauce has thickened just a little bit, add all the chicken back to sauce and let it simmer on low for a few minutes. Allow the chicken to absorb the sauce. Add the parsley and remaining feta for garnish. Serve hot with potatoes, rice, or vegetables of your choice.

*Note: If you want to make it healthier, omit the butter and use Pam or vegetable oil. You can omit the heavy cream also. You may also bake the chicken. This recipe is very flexible.

SAVORY

IRANIAN FESENJOON

FROM THE KITCHEN OF RAHELEH MASOOMZADEHFARD

INGREDIENTS

- 1 small onion (or half big onion)
- 1 cup walnuts, grounded
- 2-3 tbsp pomegranate paste (Make sure it's not sauce! Arab and Iranian stores usually have it)
- Olive oil
- Chicken breast, cut into cubes (around 6–8 cubes should be good for 2 people)
- Turmeric powder
- Salt and pepper, to taste
- 2 tbsp sugar

INSTRUCTIONS

1. Grind the onion using a grater.
2. Add a little olive oil to a hot pot. Let it warm up, and then stir in the onions and add two pinches of turmeric and a pinch each of salt and pepper. Stir slightly.
3. Add the walnuts after you have ground them in a blender or food processor. Stir everything together, and then add about 3 cups of water (enough to fill the pot halfway), and stir some more.
4. Let the contents of the pot come to a boil on high heat. Then, turn down to low heat and let it cook for an hour. After one hour, add the chicken cubes and stir. Let stew and chicken cook together for one hour.
5. Add about 2-3 tbsps of pomegranate paste (you can add more if you like it more sour) and sugar (this complements the pomegranate taste and lowers the sourness).
6. Let it cook on low heat for one more hour. After 30 minutes, taste to see if it's too sour. If it is, you can had more water, about half a cup. If you add more water, then let it cook for an extra 20 minutes because you don't want it watery, but a bit on the thicker side.

CHICKEN QUESADILLAS

FROM THE KITCHEN OF SANA RIYAAZALI MERCHANT

INGREDIENTS

- 1 tbsp oil
- Cumin seed
- ¼ cup celery, chopped
- ¼ cup carrots, shredded
- ½ onion, chopped
- ½ red bell pepper, chopped
- 2 tbsp cream cheese
- 1 cup shredded boiled chicken
- Store bought tortillas (whole wheat)
- Salt (to tatse)
- Hot sauce, to taste

INSTRUCTIONS

1. In a saucepan, heat 1 tbsp of oil. Add a few cumin seeds and the vegetables. Sauté for a bit. Add salt and hot sauce. Add the shredded chicken and 1 tbsp of cream cheese. Cook a little more, then let the mixture cool.
2. In a tortilla, spread the mixture on one half and fold.
3. In a separate pan, lightly fry the tortilla using ghee, butter, or oil.
4. Serve with your favorite sauce.

IRAQI STUFFED EGGPLANTS

FROM THE KITCHEN OF ZAYNEB SHAIKLEY

INGREDIENTS

- ¼ cup + 2 tbsp oil
- 20–24 baby eggplants (depending on the size of your dish)
- 6 tbsp tomato paste (divided into two 3 tbsp servings)
- 2-3 cups water
- 1½ lbs ground beef
- 1 diced onion
- 2 tsp cumin (divided in two)
- Salt and pepper, to taste
- Juice of 1 lemon (optional)

INSTRUCTIONS

1. **Prep eggplants:** Prep each eggplant in the following way: Cut the top of the eggplant and core the eggplant using a corer. Once done, add a sprinkle of salt inside of the eggplant. Set aside in a colander for about 15-20 minutes to draw out any bitterness. Preheat the oven to 400°F.
2. **Prepare filling:** While waiting for the eggplant, heat 2 tbsp oil in large skillet and sauté onion. Once golden brown, add beef and cook until browned. Add 3 tbsp tomato paste, 1 tsp cumin, and salt and pepper to taste. Cook until juices drain. Set aside to cool.
3. **Bake eggplants:** Pour ¼ cup oil into a cup and brush each eggplant inside and out with oil. This step is key in making sure your eggplants do not become tough. Place eggplants on a large baking sheet and bake at 400° for 15 minutes. Remove and let them cool. (Traditional recipes fry the eggplants in a pan. You may do this as well.)
4. **Make tomato sauce mixture:** In a saucepan, mix together 3 tbsp tomato paste, 2-3 cups water (depending on the size of your dish), lemon juice, and cumin. No salt is needed, as the eggplants and filling are salted. Once the water boils and the mixture is nicely blended, turn off heat. Preheat oven to 350°.
5. **Assemble:** Gently fill the eggplants with the beef mixture and arrange in a 9x13 casserole dish. Make sure each opening is pressed against the eggplant adjacent to it so that the mixture does not come out during baking (a good way to do this is to arrange the openings facing each other). Pour the sauce over the eggplant. The eggplants should be about halfway covered in sauce.
6. **Bake:** Cover with foil bake at 350° for 45 minutes. Remove and let it cool for about 15 minutes.
7. **Enjoy!** Serve with rice.

AU GRATIN

FROM THE KITCHEN OF KAUSER GRINWALA

INGREDIENTS

- 1½ cups mixed vegetables, cubed and boiled
- 1 cup boiled chicken, shredded
- 1 cup boiled and cut Ramen noodles
- 1½ cups white sauce
- Salt, to taste
- ¾ cup grated cheese

For the white sauce:

- 2 tbsp butter
- 2 tbsp all purpose flour
- 1½ cups milk
- ¼ cup grated cheese
- Salt, to taste

INSTRUCTIONS

For the white sauce

1. Heat the butter in a pan and add the flour and sauté for 2 to 3 minutes.
2. Add the milk gradually, stirring continuously so that lumps do not form. Add ½ cup of water (or chicken stock for more flavor) and mix well.
3. Bring to a boil and add the cheese, salt and pepper and mix well. (Optional: add some cream cheese to make it more creamy!) Keep aside.

How to proceed

1. To make au gratin, combine the vegetables, chicken, noodles, and white sauce and mix well.
2. Pour into an ovenproof bowl and sprinkle the cheese on top.
3. Bake in a preheated oven at 200°c (400°f) for 10-15 minutes until the cheese melts.
4. Serve immediately.

BIHARI TIKKA (INSTANT POT)

FROM THE KITCHEN OF ELYA RAZA

INGREDIENTS

- Boneless chicken/beef cubes
- 1 packet Shan bihari boti masala
- Yogurt
- Handful of crushed fried onions
- Ginger-garlic paste

INSTRUCTIONS

1. Marinate boneless chicken/beef cubes with Shan masala,yogurt, fried onions, and ginger-garlic paste.
2. Let it marinade for 2-3 hours. For beef, it is better to marinade overnight.
3. Put the chicken/beef in the Instant Pot, and you're done.
4. It tastes better when it's dry, so leave on sauté mode and dry the gravy.
5. Enjoy with naan!

SAVORY

CHICKEN POT PIE

FROM THE KITCHEN OF SABERA HUSSAIN

INGREDIENTS

- 3 tbsp butter
- 1 tbsp oil
- 1/3 cup flour
- 2 cloves garlic
- 1 medium onion
- 1½ cups milk
- ½ cup heavy cream/half & half
- ½ tsp each salt and pepper
- ¾ tsp Montreal steak seasoning
- Chicken bouillon cube (optional)
- 1½ lbs boneless chicken, cubed
- 1 packet mixed vegetables, pre-cut (carrots, green beans, corn, lima beans)
- 1 medium potato, cut in small cubes
- 4-5 fresh basil leaves, chopped
- ¼ cup Cheddar (or whatever type of cheese you like)
- 1 sheet of Puff pastry, thawed
- 1 egg for egg wash

INSTRUCTIONS

1. In a large saucepan or pot, melt the butter and about 1 tbsp of oil. Add onions and sauté until translucent on medium heat. Then add garlic.
2. Add 2-3 tbsps of flour and sauté for another few minutes. Add salt and pepper, Montreal steak seasoning to taste.
3. Add the milk and stir until the flour is dissolved.
4. Add the chicken, frozen vegetables, potato, chicken bouillon cube (optional) and basil. Mix well. Let the mixture cook on medium high heat until chicken is almost done (I think around 10-15 minutes). Sprinkle cheese on top (I usually add ¼ cup of shredded cheese). Sprinkle flour on top of the mixture to thicken the sauce, or add milk to make it more liquidy. Taste and add steak seasoning if you want more flavor.
5. Preheat the oven to 375°.
6. Prepare the puff pastry by rolling out the pastry sheet (on a floured surface) to a size that's just a little larger than your baking dish.
7. Dump the mixture in the large baking dish. And cover the dish with the pastry sheet. Press the sides of the pastry sheet to the outside of the baking dish to make it stick.
8. Brush the pastry with egg wash and make 3 slits on top. Sprinkle the pastry with salt and pepper.
9. Bake for 40 minutes or until the top is golden brown.

*Variations: For a shortcut, use potato soup or mushroom soup cans for the sauce, heat the sauce and dump all the vegetables and chicken. OR use a different combination of vegetables.

SAVORY

LEBNANI KEBAB

FROM THE KITCHEN OF ALIZA MIRZA

INGREDIENTS

- 1 kg shaami kebab meat (beef cut)
- 1 kg potatoes
- 2 tsp ground garam masala
- 6 green chillies
- ½ bunch coriander
- 1 lemon (juice)
- 1 tsp salt
- 2 tsp zeera (cumin) powder
- 2 tsp ground black pepper
- 1 tsp ground turmeric
- 2 tsp ginger-garlic paste

INSTRUCTIONS

1. Boil and mash the potatoes.
2. Cut the meat into cubes and boil it with 1 tsp salt, ginger-garlic paste, 1 tsp garam masala, zeera, haldi, and black pepper. (Pressure cook)
3. When the meat is tender and all the water has dried, let it cool and shred it.
4. Mix the meat with the mashed potatoes and 1 tsp of garam masala, salt, to taste, lemon juice, finely chopped green chillies and coriander and beaten eggs.
5. Make oval shapes and deep fry.

DHUM KEBAB

FROM THE KITCHEN OF RIDA BUKHARI-RIZVI

INGREDIENTS

- 1 lb ground beef
- ½ medium onion finely chopped
- salt to taste (1-2 tsp)
- 2 tsp coriander powder
- 2 tsp cumin powder
- chili powder to taste (1-3 tsp)
- 2 tbsp gram/chickpea flour
- 1 tsp ground papaya (or meat tenderizer)

INSTRUCTIONS

1. Mix ingredients well and press into a 6" round pan (or similar size).
2. Cover with foil and bake at 350° for 15 mins.
3. Uncover and bake for another 25 mins until the top is browned and water evaporates.
4. Add sliced tomatoes on top and fresh cilantro leaves to serve!

SHORBA

FROM THE KITCHEN OF TASNEEM MUMEN

INGREDIENTS

- 2 cups cracked wheat
- ½ chicken with bones
- Salt, to taste
- Red chili powder, to taste
- 2 tsp coriander powder
- ¼ tsp turmeric powder
- ½ tsp garam masala powder
- 1 tsp garlic paste
- 1 tsp ginger paste
- ½ tsp whole black pepper
- 1 small cinnamon stick
- 1 black cardamom
- 1 tsp cumin
- Approx ½ cup oil

INSTRUCTIONS

1. In a pot add the cracked wheat, 4-5 cups of water chicken, salt, whole black pepper, cinnamon stick and black cardamom.
2. Cook on a slow to medium flame for about 1 hour.
3. Take the chicken pieces out and shred the meat. Return the meat to the pot and discard the bones.
4. In a frying pan heat oil and add onions to fry. Once the onions are browned add all the spices and cook till the masala is cooked well and oil separates. Add a little water if needed.
5. Transfer the cooked masala to the pot and stir well.
6. Add water to the pot if the shorba is too thick.
7. Cover and cook on a low flame for 15 min. Enjoy!

KOFTA CURRY

FROM THE KITCHEN OF SAKEENA AHSAN KALYAN

INGREDIENTS

For the kofta:

- 1 lb ground beef
- ½ red onion, diced
- 1 heaping tsp Shan Masala Kofta Mix
- 1½ tsp ginger-garlic paste
- 1 egg, beaten

For the curry:

- 1½ onion, chopped
- 2 tomatoes, chopped
- 3 tbsp oil
- 1 tbsp ginger-garlic paste
- 1 tsp Shan Masala Kofta Mix
- 5-7 curry leaves

INSTRUCTIONS

1. Mix together 1 lb ground beef, ½ diced red onion, 1 heaping tsp of Sha masala, 1½ tsp of garlic-ginger paste, and 1 beaten egg.
2. Form into balls in your palms. They should be smaller than a golf ball.

For the curry

1. Chop 1½ onions, 2 tomatoes, and cook them over medium heat with ample oil. As they cook, add 1 tbsp garlic-ginger paste, 1 tsp more of the kofta masala mix (or more, to taste), and 5-7 curry leaves.
2. Let the onions and tomatoes simmer over medium low heat, covered, at least until the onions are reddened, longer for better flavor.
3. Remove the curry leaves, blend with a hand blender, return to heat, and return the curry leaves.
4. One by one, in a single layer, add the kofta balls into the curry pot, being careful not to splatter.
5. Cover the pot, and let cook for 10-15 minutes. Turn the kofta, and let them cook until browned underneath.

CURRIED CAULIFLOWER ROAST

FROM THE KITCHEN OF SAKEENA AHSAN KALYAN

INGREDIENTS

- 1 head of cauliflower
- 3 tbsp oil
- 1 tsp salt, or to taste
- 1½ tsp curry powder, or to taste
- ½ tsp coriander powder, or to taste

INSTRUCTIONS

1. Chop one head of cauliflower into florets, include the leaves and part of the stem.
2. Arrange them evenly in a casserole or deep baking dish, drizzle generously with olive oil, at least 1 tsp of salt, at least 1½ tsp of curry powder, and at least half a tsp of coriander.
3. Mix in the oil and seasonings well.
4. Rearrange the cauliflower into an even layer, and bake uncovered at 400° until the tops of the florets have browned. If you put enough oil, these will disappear in one sitting.

DHOKRAS

FROM THE KITCHEN OF FATIMA HUSSAIN

INGREDIENTS

- 1 cup sooji (semolina)
- ¼ cup besan (gram flour)
- ½ cup yogurt
- 1 cup water
- ¼ cup oil
- ¼ tsp haldi (turmeric)
- ½ tsp kasuri methi (dried fenugreek leaves)
- 1 tsp salt
- 1 tsp eno

Bhagaar

- 1 tbsp oil
- ½ tsp rai (mustard seed)
- ½ tsp crushed garlic
- ½ thai chili pepper, minced (or 1 whole pepper, slitted)
- 4 kadi patta (curry leaves)

Chutney

- 2 tbsp oil
- 1 tbsp tomato paste
- ½ tsp crushed garlic
- 1 tbsp sriracha
- ½ tsp salt
- 2 tbsp vinegar

INSTRUCTIONS

1. Grease a round 7" pan
2. In a big bowl, whisk together all the ingredients well (except eno).
3. Let the batter rest for about 10 minutes.
4. Meanwhile, Add 3 cups of water to the InstantPot and put on sauté mode for 5 mins.
5. When you're ready to steam, mix 1 tsp eno into the batter and whisk until fluffy.
6. Immediately pour the batter in the greased pan and place on a tall trivet in the IP and steam for 15 mins on venting. Note that you'll have to set an external timer since IP timer does not work on venting mode. If you do not have an InstantPot, you can also steam it on the stove.
7. Let it sit for 5 minutes, and then remove the pan from the Instant Pot and let cool for 5 minutes. Stick a knife or toothpick in to make sure it is cooked (it should come out almost completely clean). If not, steam for 2-3 more minutes.
8. In a small fry pan, make the bhagaar: heat oil and add rai. Once the seeds start sputtering, add in the kadi patta, green chillies, and garlic, and sauté for 30 sec. Remove from heat and set aside.
9. Pour the bhagaar on top and sprinkle with paprika.
10. Let cool, then cut into diamonds and serve with chutney.

Chutney

1. In a small pot, heat all the ingredients and bring to a boil. Let Simmer for 10 minutes.

PERFECT PAKORAS

FROM THE KITCHEN OF ABEDA KHIMJI

RECEIVED FROM HER FRIEND KHADIJAH RASHID

INGREDIENTS

- 4 large onions, finely sliced
- Handful of chopped cilantro
- 5 pressed garlic cloves
- 2-3 sliced green chillies
- Pinch of kasuri methi (dried fenugreek leaves)
- 1 cup besan (gram flour)
- 1 cup of rice flour
- 2 tsp red chilli powder
- 2 tsp salt
- 1tsp whole cumin seeds OR ajwain seeds

INSTRUCTIONS

1. Mix all the above ingredients in a bowl.
2. Add small handfuls of water till the mixture comes together (Important-the mixture should not be too watery!)
3. Fry! Enjoy with some tamarind chutney.

YO CHICKEN

FROM THE KITCHEN OF NADWA CHAHBOUR

(FOR MORE RECIPES, CHECK OUT SR NADWA'S PAGE @OURHOMEBITES ON INSTAGRAM)

INGREDIENTS

- ½ pieces of Chicken pieces (I like chicken thighs for this recipe, but you can use whatever you like)
- 2 cups of yogurt

Spices:

- 2 tsp Paprika
- 1 tsp dried Oregano
- 2 tsps dried parsley
- ½ tsp curry powder
- 1 tsp garlic powder
- ½ tsp All spices (I use a brand called Khaleeji spices)
- 1 tbsp Tomato paste
- 1 tbsp olive oil
- Salt to taste

INSTRUCTIONS

1. Mix all ingredients together except the chicken.
2. After all are mixed very well dip the chicken pieces in the yogurt sauce and place them on a baking flat sheet or pan.
3. Cook at 450° F on the top shelf for one hour.
4. Serve with cooked rice, french fries, salad, soup etc.

Note: You can also use the same sauce to marinate the chicken overnight in the fridge, next day just move the pieces to a baking sheet and bake.

Tip: To avoid wasting the extra sauce and unnecessary contamination use small amounts of the sauce in a separate bowl and dip the chicken pieces adding more as you need to. This sauce can be saved in the fridge for a week. You can also use the same idea with pieces of lamb or beef and cook them in the oven. The yogurt sauce tenderizes the meat and gives it a little bit of a sour yummy taste.

CHINESE CHICKEN NOODLE SALAD

FROM THE KITCHEN OF NADIA ABBAS

INGREDIENTS

- 1/3 Cup Salad Oil
- 3 tbsp Seasoned Rice Vinegar
- 2 tbsp Asian Toasted Sesame Oil
- 2 tbsp Soy Sauce
- 1 tbsp Lemon Juice
- 1 Clove Garlic, Minced or Pressed
- ¾ tsp Chinese Five Spice
- 12 oz Angel Hair Pasta or Asian Thin Cut Noodles
- ½ cup Chopped Cilantro
- 1 tbsp Minced Fresh Ginger
- 4 Boned Skinned Chicken Breast Halves
- 6 cups Lightly Packed Baby Spinach Leaves
- ¼ cup Thinly Sliced Green Onion (OPT)

INSTRUCTIONS

1. In a covered 5- to 6-quart nonstick pan over high heat, bring 2 ½ to 3 quarts water to a boil.
2. While water heats, make dressing: In a small bowl, whisk together salad oil, rice vinegar, sesame oil, soy sauce, lemon juice, garlic, and five spices; set aside.
3. When water boils, add noodles and cook just until tender to bite, 2 to 3 minutes. Drain, rinse with cold water, then drain again. Place noodles in a large bowl; add ½ cup of dressing, the cilantro, and ginger. Mix well and set aside.

I usually cook the chicken in a pan on the stove, but, here are the recipe directions:

1. Rinse chicken and pat dry. Place chicken on a lightly greased barbecue grill above a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds). Close lid on gas grill. Cook, turning once and basting several times with half the remaining dressing, until the meat is no longer pink in the center of thickest part (cut to test), 6 to 8 minutes total. Transfer chicken to a cutting board; cut into ½-inch-wide slices.
2. Line 4 serving plates equally with spinach. Divide noodles and chicken among plates, arranging separately. Moisten with remaining dressing and sprinkle with onions.

KUKU PAKA

FROM THE KITCHEN OF ZAHRA SABUR

INGREDIENTS

- 1 whole chicken (or 1.5 lbs)
- 4 tbsp lemon (split between two steps)
- ½ tsp garlic paste
- ½ tsp ginger paste
- ½ tsp salt
- ¼ tsp harder
- ½ tsp of Sambal chilli garlic sauce (the one with the green lid) OR ¼ tsp chilli powder
- 2 tomatoes grinded
- 1 green chili
- 1 tin coconut milk

INSTRUCTIONS

1. Marinate the chicken with 2 lemon, garlic/ginger pastes, salt, and chilli paste or powder. Add to a tray with ½ cup of water and broil ituntil it has a barbeque look (a little charred) flipping once. Save any liquid that comes from the tray before you flip chicken. (We will add that to the sauce)
2. In a pan put the rest of the lemon, harder, tomato, and green chilli. Let it sauté, then add coconut milk, and let it simmer on low. Add in the chicken and any juice that comes from it into the pot. and cook on low until the chicken is soft.
3. *Optional:* Smoke it! Heat a small piece of coal then place a small piece of foil on the curry and put the hot coal on top of the foil. Put 3-4 drops of oil or ghee on the coal and it will immediately begin to release the 'smoke'. Quickly cover it with an airtight lid. Wait about 5-10 minutes before opening.

DRY POTATO CURRY

FROM THE KITCHEN OF SHARMIN PANJWANI

INGREDIENTS

- 2 large potatoes cubed (in water til ready to cook)
- ½ tsp black mustard seed
- 1 tbsp olive oil
- 1 tsp garlic
- ¼ tsp red chilies
- 1/8 tsp turmeric
- 1 tsp salt
- 1 tsp dhana jeeru
- 5 tbsp crushed tomatoes
- 1 heaping tsp tomato paste

INSTRUCTIONS

1. Fry mustard seed in oil till sizzling.
2. Add potatoes and stir. Add spices and sauté.
3. Add crushed tomatoes and stir to combine with spices.
4. Cover potatoes with water and cover. Boil till potatoes are cooked through. Add tomato paste to thicken sauce.

BUTTER CHICKEN

FROM THE KITCHEN OF NAZ HASAN

INGREDIENTS

- Bone or boneless chicken
- Heavy whipping cream
- Shaan Chicken Tikka Masala Packet
- Thinly sliced onions (2 medium sized onions)

INSTRUCTIONS

1. Brown onions on stovetop in olive oil on medium heat
2. Add in cubed chicken pieces with ginger-garlic paste
3. Cook for a few min on low to medium heat
4. Add in 4-6 cups of heavy whipping cream & ½ packet Shaan chicken tikka masala. Cream and masala can be adjusted according to taste.
5. Cover and cook on low to medium heat for 20-25 min, stirring occasionally.
6. Enjoy!

SALAD OLIVIEH (PERSIAN POTATO SALAD)

FROM THE KITCHEN OF ATIYEH HOSSEINI

INGREDIENTS

- 3-4 eggs
- 2-3 potatoes (big)
- 1-2 chicken breasts (depending on how meaty you like it)
- pickles
- mayonnaise
- olive oil
- salt
- black pepper
- 1 can of peas
- olives

INSTRUCTIONS

1. Boil eggs, potatoes, and chicken separately.
2. Let ingredients cool; grate the potatoes and eggs and shred the chicken (I shred finely because I don't like it chunky).
3. Dice pickles into small cubes.
4. Mix all ingredients in a big bowl with mayo and some olive oil.
5. Add salt and lots of black pepper to reduce the eggy smell!
6. Mix and mash the ingredients well.
7. Last add half or ¾ a can of green peas (use remaining to decorate or add more based on preference)
8. I add the peas last because they are soft and will be smashed if u mix with the other ingredients.
9. Spoon into a serving plate and smooth out top with a thin layer of mayo and decorate to your liking. I used olives, green peas and pickles.

*All these ingredients can be adjusted based on preference. You can make it chunkier and meatier if u like.

SUHOOR OATMEAL

FROM THE KITCHEN OF AMTUL HUSSAIN

INGREDIENTS

- Instant oatmeal
- 1 tsp nut butter
- 1 tbsp honey
- 1 tsp jam
- fruits of your liking

INSTRUCTIONS

1. Heat up instant oatmeal and put into a bowl
2. Add a tsp of nut butter
3. Add a tbsp of honey
4. Add a tsp of Jam
5. Add any fruits you please
6. Mix it together and enjoy!

MOROCCAN LAMB & CHICKPEA OVER COUSCOUS

FROM THE KITCHEN OF MASOOMA HYDARY KALYAN

INGREDIENTS

- Ground lamb
- 2 tsp olive oil
- 2 onions
- ½ cup horizontally cut carrots
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- ½ tsp ground coriander
- ¼ tsp ground red pepper
- 2 cups chicken broth
- ½ cup raisins
- 3 tbsp tomato paste
- 1 tbsp lemon juice
- ½ tsp salt
- 1 can of chickpeas (garbanzo beans),
- ½ cup chopped cilantro

INSTRUCTIONS

1. Heat oil on preferably a wok style pan on medium
2. Add lamb to pan and stir until all pieces crumble up
3. Remove and put to the side
4. Go back to pan and add oil
5. Add onions, carrots, cumin, cinnamon, coriander, pepper and sauté and stir
6. Add lamb, chicken broth, chickpeas , tomato paste, raisins, salt, lemon
7. Bring to boil and keep on low heat until it thickens.
8. Remove from heat. Dress with lemon and cilantro
9. On the side have couscous cooked and ready, and serve dish over couscous

Adapted from:
https://www.myrecipes.com/recipe/moroccan-style-lamb-chickpeas

SPINACH LASAGNA

FROM THE KITCHEN OF SAKINA NANJI

INGREDIENTS

- 1 medium onion cubes
- Jar of any kind of pasta sauce
- About 1 stick of butter
- 2 tbsp flour
- 1½ cups milk
- Oven Ready Lasagna Sheets
- Bag of Spinach
- 1½ cups mozzarella cheese
- about ½ cup cheddar cheese
- Salt & Pepper to taste
- Oregano-about 1 tsp in the pasta sauce and about ½ a tsp in the white sauce mixture
- Garlic Powder
- about 2 tbsp bread crumbs (any store bought ones are fine)

INSTRUCTIONS

Pasta sauce

1. Placing about half the block of butter in a pot and let it melt. Add the chopped onions and sauté until golden brown.
2. Add the jar of pasta sauce and let it simmer on a low/medium heat for about 5 mins. Add pepper, garlic powder and oregano at this point to taste.

White sauce

1. Melt 2 tbsps of butter.
2. Add 2 tbsps of flour and mix together well.
3. When golden brown, add 1½ cups of the milk and whisk it all together on a low/medium heat ensuring all the lumps have gone. Add salt, pepper and oregano to taste.
4. Take off the heat when you feel it is getting thicker. If too thick, add a little more milk.

Layering fun begins:

1. Take some of the pasta sauce mixture you made earlier and pour half of it on to the base of the ovenproof dish you are using.
2. On top of that, place about 7 large serving spoons of white sauce and spread it all lightly from the top.
3. Add a generous sprinkle of mozzarella cheese followed by a large handful of spinach leaves all over the lasagna so far. (Put as much or as little spinach as you like)
4. Place the oven ready lasagne sheet over the top being sure to cover each area
5. Repeat the layering process-pasta sauce, white sauce, mozzarella cheese, spinach, lasagna sheet.
6. Finally, pour ALL the remaining white sauce over the last lasagna sheets. The entire top should be covered with a nice layer of white sauce over the top.
7. Sprinkle some cheddar cheese on top of this white sauce along with a little mozzarella too, followed by some ready bought breadcrumbs over it all.
8. Finally sprinkle some oregano over the top and bake at 375° for 40 minutes.
9. Let it stand to cool down a little before cutting into it.
10. Serve with Garlic Bread and Salad on the side.

PERSIAN KEBABS WITH SAFFRON RICE

FROM THE KITCHEN OF SAKINA NANJI

INGREDIENTS

- 1 tray minced goat meat or minced beef
- 1 tsp salt
- 1 tsp pepper
- 2 onions, minced
- 2 cups (mugs) rice
- 3 tomatoes, cut in halves
- 1 onion, cut into 8 pieces
- about ½ tsp saffron

White sauce

- Mayo
- Yoghurt
- Dry mint
- Pepper
- Dry dill
- White vinegar
- Water

INSTRUCTIONS

1. Marinate the meat with 1 tsp of salt and 1 tsp of pepper
2. Add miced (very finely chopped) onions x2 medium ones.
3. Mix well and let marinate for a couple of hours
4. Make the mixture into kebab shapes (or elongated diamonds)
5. Place in a baking tray with the cut up onions and tomatoes
6. Bake for 25-30 minutes on 375°

Rice:

1. Boil White Rice as you usually would with some salt.
2. When done, place on a dish. Put about half a tsp of saffron in a little hot water. Let the color come through and pour this over the white rice. Microwave the rice for 3 minutes.
3. Serve this Iranian dish with white sauce and/or hot sauce

White Sauce:

1. Mix all of the white sauce ingredients with a hand whisk.

CHICKEN BARLEY SOUP

FROM THE KITCHEN OF SANAA RIYAAZALI MERCHANT

INGREDIENTS

- ½ chicken breast, cut into cubes
- Pinch of cumin seeds
- 1 cup whole barely, washed and soaked in warm water for 1-2 hours
- ½ onion, chopped
- ½ green chili
- Salt, to taste
- Vinegr, to taste

INSTRUCTIONS

1. Turn on the Instant Pot to sauté mode. Add a little oil. When hot, add a pinch of cumin seeds.
2. Add the chopped onion and sauté. Add the chicken cubes and fry some more. Add salt to taste and the green chili. No need to wait until chicken is cooked.
3. Add the soaked barely and 2 cups of water.
4. Close the lid and put it on the soup setting for about 20-25 mins.
5. After this, let the pressure release naturally for almost 45 mins.
6. Open the instant pot and check that the barley is cooked thoroughly. Use a hand blender to blend all the contents. Add vinegar for taste. Enjoy!

LEMON AND CHICKEN STEW

FROM THE KITCHEN OF KULSOOM AHSAN

INGREDIENTS

- 8 pieces chicken thighs
- 8 pieces chicken drumstick
- 1 bag frozen spinach
- ½ bag frozen carrot slices
- 2½ large onions, sliced
- 2 bouillon cubes
- 2 cups water
- ¾ tsp salt
- 1 tsp cumin powder
- 1 tsp coriander powder
- ¾ tsp red chili powder
- 1 tsp ground rosemary
- ¾ tsp black pepper
- 1 tsp ginger powder
- ½ tsp sage powder
- ¼ tsp ground tarragon
- ¼ tsp cardamom powder
- 10 -12 cloves garlic
- 2-3 tbsp lemon juice

INSTRUCTIONS

1. In a large pot, heat oil. Then add onion slices and garlic cloves.
2. Brown onions and garlic on medium-high until onions are wilted and translucent.
3. Heat the two bouillon cubes in the two cups water.
4. Transfer browned onions to a blender and puree.
5. Return onion puree to pot and add the chicken pieces.
6. Brown the chicken on medium-high. Then add the bouillon stock and enough water to cover the chicken.
7. Add the salt, spices, herbs, spinach, and carrots and bring to a boil.
8. Reduce heat and simmer until chicken is tender and vegetables are soft.
9. Add the lemon juice. Heat for a couple more minutes. Then remove from stove
10. Garnish as you wish and serve with rice. Ideas for garnish: sun dried tomatoes, dried onions, and dried cranberries.

SWEET COLLECTION

PERSIAN HALVA

FROM THE KITCHEN OF SUMAIYA RIZVI

INGREDIENTS

- ½ cup of butter
- ½ heaped cup of all purpose flour
- 2 pinches of crushed saffron
- 1 crushed cardamom pod
- ½ leveled cup of sugar

INSTRUCTIONS

1. Melt half a cup of butter in a saucepan and add half a heaped cup of all purpose flour to it. You could use atta/whole wheat pastry flour instead.
2. Sauté continuously till it reaches a walnut brown color.
3. Meanwhile, heat half a cup of water to boiling temperature and brew two pinches of crushed saffron in it along with one crushed cardamom pod.
4. Mix in half a leveled cup of sugar (or, one fourth cup sugar & one fourth cup honey) into the hot water till it dissolves completely (pic 3). You can also choose to do this step ahead of time before you start melting the butter.
5. Add the sugar saffron syrup little by little into the saucepan with the flour while stirring. Be cautious since it will splutter a bit.
6. Once it's all mixed and the Halva easily sticks to itself, it's ready!

BANANA VANILLA & DATE MUFFINS

FROM THE KITCHEN OF NAZEERA SALAK

INGREDIENTS

- 2 cups all-purpose flour
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup butter
- 8 Large mushy Medjool Dates, chopped
- 1 splash of vanilla
- ¾ cup brown sugar
- 2 eggs, beaten
- 2 & 1/3 cups mashed overripe bananas

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly grease muffin tin (12 muffins) or use liners.
2. In a large bowl, combine flour, baking soda and salt.
3. In a separate bowl, cream together butter and brown sugar. Add the splash of vanilla. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture and the chopped dates; stir just to moisten. Pour batter into the prepared loaf pan.
4. Bake in a preheated oven for 40 to 45 minutes, checking frequently.
5. ENJOY!

NO BAKE CHOCOLATE DESSERT

FROM THE KITCHEN OF AMENA MANJI

INGREDIENTS

- 2 packets tea biscuits
- 2 tins thick cream
- 2 Dream Whip sachets
- 3 bars of Mars chocolate
- ½ cup milk
- ½ tsp cocoa powder

INSTRUCTIONS

1. Mix all ingredients accept the biscuits in blender till well blended.
2. Time to layer!
3. Dip each biscuit in milk, layer the tray. Pour the chocolate sauce from the blender over the biscuits. Make about 3-4 layers.
4. Sprinkle the top with either coffee powder, cocoa powder, or both.
5. Refrigerate and serve chilled!

DATE ENERGY BALLS

FROM THE KITCHEN OF SUMAIYA BATOOL

INGREDIENTS

- 2 cups dates
- ½ cup oats
- ½ cup almonds chopped
- ½ cup and ½ cup divided unsweetened shredded coconut
- ¼ cup walnuts/pecans

INSTRUCTIONS

1. Put everything in the chopper and mix until all the ingredients are well combined.
2. Take the mixture out in a bowl and mix it by hand once.
3. With wet hands, make small balls.
4. Roll the balls in the shredded coconut (¼ cup).
5. The date energy balls are ready to serve.

STRAWBERRY OATMEAL BARS

FROM THE KITCHEN OF ALIZA MIRZA

INGREDIENTS

- 3 cups old fashioned rolled oats (gluten free if needed)
- 1½ cup flour
- ½ cup light brown sugar
- ½ cup sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp salt
- 2 sticks unsalted butter, melted
- 2 tbsp cornstarch
- 1 tbsp freshly squeezed lemon juice (from about ½ small lemon)
- 1 box strawberries, diced

INSTRUCTIONS

1. Heat oven to 375°F.
2. Line a 9x13 inch baking pan with parchment paper.
3. In a medium bowl, combine the oats, flour, brown sugar, sugar, ground cinnamon, vanilla extract and salt.
4. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/3 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
5. Mix the cornflour with the strawberries and scatter over the crust. Sprinkle over the lemon juice.
6. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
7. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden.
8. Cool completely, slice, and serve.

TIRAMISU CHEESECAKE

FROM THE KITCHEN OF LAILA KHAN

INGREDIENTS

- 18 Marie Biscuits
- 1 cup of cream cheese
- 1 cup of coffee
- 1 egg
- 1 tsp vanilla
- ½ cup sugar

For Ganache:

- 1 cup chocolate chips
- 1 cup milk

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Dip Marie biscuits in coffee and line in the pan.
3. Mix 1 cup of cream cheese with 1 egg, 1 tsp vanilla. ½ cup sugar.
4. Pour over biscuits.
5. Dip Marie biscuits in coffee and layer on top.
6. Bake at 350° until set (20ish mins).
7. Cool in the fridge.
8. Make ganache by warming up chocolate and milk until melted and spread on top (or sprinkle cocoa powder on top).
9. Keep in the fridge until cold.

DATE SHAKE

FROM THE KITCHEN OF LAILA KHAN

INGREDIENTS

- A handful of seedless dates
- A handful of dried figs (soft ones from Costco or soften by keeping in a cup of water overnight)
- A handful of mixed nuts (or nuts of your choice)
- 1 cardamom pod
- ½ tsp vanilla
- ½ tsp lemon juice
- ½ cup Yogurt
- Water (fill blender until max line)

INSTRUCTIONS

1. Take a handful of dates, a handful of dried figs, a little splash of lemon juice and a little splash of vanilla essence.
2. Fill the blender with water maybe like 1 cup or 1½ cups.
3. Blend it all up until smooth and enjoy!

BANANA BREAD

FROM THE KITCHEN OF NADIA ABBAS

INGREDIENTS

- 5 tbsp butter softened
- 1 cup sugar
- 2 eggs room temp
- 1 1/5 cups flour
- 1 tsp baking soda
- 3 ripe bananas mashed
- ½ cup sour cream
- 1 tsp vanilla
- 1 cup chopped walnuts or chocolate chips

INSTRUCTIONS

1. Cream butter and sugar, then add eggs and blend well.
2. Combine flour and baking soda, then add to butter mixture until blended.
3. To this mixture add the mashed banana, sour cream and vanilla.
4. Add the nuts or chocolate chips.
5. Pour into a prepared loaf pan. Bake at 350° for 55 to 60 min. If you use small loaves as I do bake for 30-35 min.

ALLERGY-FREE BANANA CHOCOLATE CHIP MINI MUFFINS

FROM THE KITCHEN OF RIDA FATIMA

ADAPTED FROM: KELLY ROENICKE (THE PRETTY BEE)

INGREDIENTS

- 1 ripe banana
- 1 cup gluten free flour blend (do not use almond flour or coconut flour)
- 3 tbsp maple syrup
- 1½ tbsp melted dairy free butter (Earth Balance)
- ¼ cup dairy free milk
- ¼ tsp baking soda
- 1/8 tsp salt
- ½ cup dairy free mini chocolate chips

INSTRUCTIONS

Ripen Banana in Oven (if needed)

1. Preheat Oven to 300°. Place a banana with peel on a baking tray. Bake for 30 minutes or until the peel is shiny black.
2. Remove from the tray and let it cool while preparing other ingredients. You may place it in the refrigerator to help it cool down quicker.

Mini Muffin Instructions

1. Preheat the oven to 350°. Oil a mini muffin tin or line it with paper liners.
2. In a medium sized bowl, mash the ripe banana.
3. Add the maple syrup and melted dairy free butter and stir.
4. Add the Gluten free flour, baking soda, salt, and water and stir together.
5. Add the mini chocolate chips, and stir.
6. Spoon the batter into the prepared pan. Fill two-third of the way from the top. Sprinkle
7. More chocolate chips on top if desired. (Taste test dairy free chocolate chips as needed)
8. Bake at 350° for about 10-14 minutes.
9. Store mini muffins in an airtight container or a ziploc bag. Mini muffins can be refrigerated for upto 2 weeks.
10. Muffins can last in the freezer for up to three months in a freezer.

PERSIAN RICE FLOUR COOKIE (NAAN BERENJI)

FROM THE KITCHEN OF MARYAM MOGHADDAM

RECEIVED FROM HER AUNT MAHNAZ JAFARI

INGREDIENTS

I suggest you make all the quantities in half for the first time to experiment with it:

- 3 cups rice flour
- 1 cup confectioners' sugar
- 250 gms butter (softened to room temperature)
- 2 eggs yolks
- ¼ cup rosewater or water (1/8 cup to mix with saffron for yellow colored half of the dough & 1/8 cup rosewater is used for the other half which makes white colored dough).
- 1 tsp finely grounded cardamom (passed through a sifter)
- ½ tsp grounded saffron (Optional- Used to change the color of the cookies to yellow)
- poppy seeds as needed

INSTRUCTIONS

1. Mix softened butter and confectioners' sugar first with a spoon, and then with a mixer so that it becomes soft and the color turns white.
2. Add the egg yolks one by one and mix for a minute each time.
3. Add rice flour and cardamom and mix with a spatula.
4. If you would like to make half of the cookies in yellow and half in white, mix 1/8 cups of rosewater with Saffron, and add it to half of the dough, and add 1/8 of rosewater to the other half. It's very important to add water/rosewater in small amounts, so that it's controlled. It's possible that not all of the rosewater would be used. You don't want the dough to be too wet and not hold its shape when you try to make it into a small ball. Use the tip of your fingers to slowly knead the dough to mix in the liquid, and keep testing until you attain the right consistency to make a small ball*. Don't over-knead it.
5. Once the dough is ready, wrap it tightly with saran wrap and then place it in a ziplock bag, and into the fridge for 12-24 hours. You can also use it right away if you are in a rush, however resting it will make a better dough. Try to at least leave it for two hours on the counter and then start making the cookies.
6. Take the dough out of the fridge 2 hours before you want to make the cookies, so that it reaches room temperature.
7. Place parchment paper on the tray, knead the dough a little, and start making small balls with the palm of your hands (kids can help with this step!). The size shouldn't be bigger than a walnut, but it could be smaller if you would like to have them bite sized. But make sure they are all the same size, so that they cook evenly at the same time. Place them with distance from each other in the tray and use a cookie stamp (or the round side of a piping tip placed 3-4 times on each cookie) to create flowers on top of the cookies. When you are making the balls, make sure the rest of the dough is still wrapped, except for the part that you are working with, to avoid drying it out.
8. Now sprinkle poppy seeds on each cookie. Place the trays in the preheated oven at 325° F for about 10-15 minutes or until the bottom of the cookies are golden colored.
9. Let them cool well before touching them, otherwise they will turn into powder!
10. Store them in plastic containers in the fridge for up to two weeks or in the freezer for a month!
11. Enjoy with Persian Tea!

* Tips & Tricks: If you can't form a ball, or you see crinkles when you form the dough into a ball, this is because the dough is too dry. Add milk one spoon at a time until you have a soft dough, and your test dough ball has no crinkles. If your dough is too wet and can't hold the shape of a ball, then add more rice flour 1 spoon at a time until you reach the desired consistency. In general, the dough is looser before it rests. The dough holds the shape better after 24 hours resting in the fridge. You can also make more dough and freeze the extras. You just need to thaw it in the fridge overnight and use it to make the cookies anytime!

CHUNKY MONKEY MUFFINS

FROM THE KITCHEN OF ATIYEH HOSSEINI

INGREDIENTS

- 3 cups oats
- ½ cup chunky peanut butter
- 1 ripe banana
- 1/3 cup maple syrup
- 1/3 cup cocoa powder
- 1 tsp vanilla extract
- ½ tsp salt
- 1½ tsp baking soda
- 2 cups water
- ½ cup dark chocolate chips (dairy-free for vegan)

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Combine all ingredients (except for chocolate chips) in a blender until smooth.
3. Stir in chocolate chips, reserving a few tbsps for topping.
4. Transfer the batter to a muffin tin, sprayed or lined with liners, and fill about 2/3 of the way full.
5. Bake for 20-25 minutes, until a toothpick comes out clean.
6. Cool before enjoying and storing.

CREAMY FUDGE BARS

FROM THE KITCHEN OF SABERA MERALI

INGREDIENTS

- 1 cup butter/margarine
- 2 cups brown sugar
- 2 eggs
- 2 tsp vanilla
- 2½ cups flour
- 1 tsp baking soda
- 1 tsp caster sugar
- 1 tsp salt
- 3 cups rolled oats (uncooked)

Filling

- 12 oz. chocolate
- 2 tsp vanilla
- 1 small can sweetened condensed milk
- 1 cup nuts
- 2 tsp butter

INSTRUCTIONS

1. Cream together the butter and sugar. Then add the eggs and vanilla.
2. Sift the dry ingredients. Add oats and then mix with the wet ingredients. Set aside.
3. For the filling, melt the butter in a pan on low heat and then add the condensed milk and chocolate until it is melted. Stir in the nuts and vanilla.
4. **To assemble:** Spread 2/3 of the oat mixture onto a 15½ x 10½" rectangle pan lined with parchment paper. Once flat, pour the chocolate mixture on top. Layer the remaining oat mixture on top and press down firmly so it covers the chocolate to make a smooth layer.
5. Bake at 350° for 20-25 minute suntil it is golden.
6. Let it cool completely and then cut into bars.
7. Enjoy!

SUGGESTED RECIPES

SUGGESTED

MAHARAGE YA NAZI (RED KIDNEY BEANS IN COCONUT MILK)

recommended by Saeeda Kalyan

Mayuri's Jikoni

KHATAY ALOO (SOUR POTATOES)

recommended by Abir Rashid

Cook with Faiza

CHICKEN BREAD

recommended by Sumaiya Batool

Food Fusion

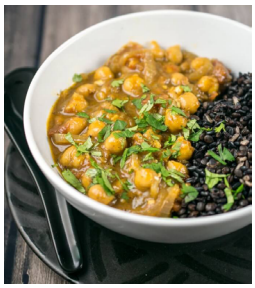
KHOUSAY

recommended by Sabera Hussain

Blend of Spice

COCONUT CHICKPEA CURRY

recommended by Zainab Haider Zaidi



Yup It's Vegan

ACHARI CHICKEN

recommended by Mariam Abbas

Ruby Ka Kitchen

SUGGESTED

CHICKEN KARAHI

recommended by Anusheh Momin

[Rehana Du Jour]

PF CHANG'S ORANGE CHICKEN PEEL-COPYCAT

recommended by Mariam Jafri

[Dinner Then Dessert]

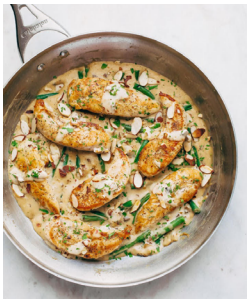
ASH RESHTEH (PERSIAN NOODLE SOUP)

recommended by Hamideh Fatahian

[Unicorns in the Kitchen]

ALMOND CHICKEN

recommended by Sughra Jafri



[Amanda's Plate]

CHICKEN CURRY

recommended by Amber Zaidi

[Ruby Ka Kitchen]

COCONUT CURRY SALMON

recommended by Masooma Hydary-Kalyan

[Kawaling Pinoy]

SUGGESTED

INSTANT POT MAC N CHEESE

recommended by Samana Ali

The Salty Marshmallow

SAUCY BAKED CHICKEN

recommended by Fatima Siddiqa

Fauzia's Kitchen Fun

HYDERABADI MIRCHI KA SALAAN (LONG GREEN CHILE PEPPER CURRY)

recommended by Masooma Hydary Kalyan

Whisk Affair

TURKISH KABABS

recommended by Abiha Kassamali

Food Fusion

SINGAPOREAN RICE

recommended by Fatema Rahim Mithani

Food Fusion

BANG BANG SHRIMP PASTA

recommended by Shaheen Merali

Damn Delicious

SUGGESTED

MANGO LASSI

recommended by
Hira Rizvi

Flavored by Fatima

KEYK-E-YAZDI
(NOWRUZ CUPCAKES)

recommended by
Maryam Mortezi

Najmieh

MANDAZI

recommended by
Fatema Rahim Mithani

Raihana's Cuisines

KAIMATI
(SWEET DUMPLINGS)

recommended by
Ayman Jagani

Aroma of Zanzibar

AL-KISA
FOUNDATION